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For Calendar, etc., apply Rev. W. L. Archibald, M.A., Ph.D., Registrar

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FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

TAKING CHILDREN ON A TRIP

It is not an easy task to travel with small children, but many a young mother must pay that price to get home to see Mother. It is easier to make the journey in the night time, for then the children will sleep most of the way and will not be worn out nor wear their mother out. Quite frequently one sees a young mother starting out, of an evening, to make a long journey with little children. It is a brave enterprise. Many things can be done to make the trip less of a strain.

Dress the children in dark clothing. They will soon have light-colored clothing and look much less attractive than if originally clad in black or blue. Do not feed the children sweets on a journey. They will upset their stomachs and their dispositions and get themselves and their surrounding sticky. Keep to plain and simple foods on a trip. There is an old adage, "He who travels far eats little." It is as true of children as of adults. There is a common feeling that a trip is an event to be celebrated by festive food. That is a dangerous doctrine. Better have meals at regular hours if possible and warm simple dishes, and then forget food between meals.

To keep the children contented they should have a few new toys for their entertainment—a game of two, dolls, blunt scissors for cut-outs, or a mechanical top. Beware of books or articles which call for careful looking as this makes a strain on the eyes and will give one a headache. And do not select toys which drop on the floor and will be picked up with their load of germs and handled. The children are too likely to put their hands—germs and all—to their mouths. A ball for bouncing is not desirable on this account.

If there is a small child, take along a strip of muslin to cover the seat before you lay the child to sleep on it. And do not forget a supply of small cloths to wet frequently and wash soiled faces and hands. The calmer and less excited you can keep the children, the easier the journey will be for all concerned. Do not keep pointing out this and that object of interest or talk too much to the child. Let him rest if he will.

THE LIVING PORCH

Four square walls may be cosy enough for winter, but in hot weather, the house should be merely an annex to the porch. Then it is we appreciate the screened-in back porch, away from prying eyes, cool and comfy, and flyless and mosquitoless. Use galvanized screen if you can, for it will last longer. Do not clutter up the living porch by anything not needed there. One can observe room by having a drop leaf table or a shelf built to be raised or lowered, at meal time. On each side of this a bench may be placed. The tea wagon, which brings the food from the kitchen, may be serving table or sideboard, and may hold the general dishes and accessories which the central board is too small to accommodate. A handy little cupboard over the table is a convenience into which to slip the sugar, salt, pepper, napkins and extra dishes between meals. This makes table setting easy. There is a thrill about eating in the open, with trees waving their arms at you, the fresh grass in view, and birds whistling to you from the distance.

Between meals the porch can be used for many household occupa-

IRONING HINTS

An ironing pad can be purchased in the store, and you will not need to rob the bed of blankets. Cover this with the heaviest unbleached muslin you can buy. Sheeting is useful for the cover. Underneath lay an old newspaper, folded. It will protect the cover of the ironing board from scorching. One can save some labor by folding handkerchief in quarters only, and not in the old-time small style. Do not press the folds in the tablecloths and they will look better on the table. Fold towels, in thirds, lengthwise that they will not have to be unfolded when hung on the towel rack.

Dresses, blouses, and shirts will look neater for wear, if they are hung on hangers in the closet and not folded away in drawers. To have all the clothes thoroughly dry before laying away, keep them in smoother and better shape. When you lay things away in boxes or drawers, spread them out as much as possible and lay them away with precision. Careless putting away will muss a garment and undo the value of a careful ironing.

In hot weather, baby should have two baths daily to keep his little skin from chafing and to keep him cool. Give him his morning bath a half hour before his second feeding. In the late afternoon, a sponge before he is put in his nightie will wash off the perspiration of the day and make him comfy for the night. If the weather is extremely hot, a couple of extra sponge baths a day will be a luxury to Sir Baby. If Baby's skin is chafed, give him a bran bath, prepared by placing a pint of bran in a cheesecloth sack and squeezing about in the bath water; or give him a salt bath, made by dissolving a half cup of salt in two gallons of warm water. For prickly heat rash—if his little lordship should be bathed with that—add a little vinegar to the bath water, or a half cupful of powdered laundry starch. After the bath, dry the skin thoroughly by patting it gently, and then dust with boric talcum powder.

BABY'S BATHS

Vacation should not only be a rest and change for the body, but also for the mind. The person who sticks too closely to his favorite line of thought will get a "one track mind." It is refreshing to the brain worker to slump off his usual hobby and pick up an entirely new set of ideas and interests. Mingle with friends with totally different habits of thought and swap ideas on new hobbies for the time being. Make your vacation go by "contraries", that is, do then the opposite thing from your ordinary life. Let your brain go rambling far afield from its regular routine duties for the rest of the year. You may not enjoy it so much for the time being, but you will feel the beneficial effects when you get back into the harness.

The tendency of the times seems to be to discard the park restrictions, burn up the "Keep off the grass" signs, and to open the wide spaces for games of ball, to let the children fly their kites there, and fish in the lagoons and enjoy other new privileges. A people merry is a people wholesome and parks play their part in contributing to good citizenship.

VACATION STUNT

As they do, though that is enough. It is said that women buy as many pairs of silk hose in one day now, as they bought in a year twenty-five years ago. But cotton hose had a faculty of wearing out. Our hosiery bill is not as much greater as one might suppose.

THE PEOPLE'S PARKS.

"Don't park here," might be written over the entrance to many a so-called public park. In such parks the signs, "Keep off the grass" flourish, and the park is a thing to look at, not to use.

The tendency of the times seems to be to discard the park restrictions, burn up the "Keep off the grass" signs, and to open the wide spaces for games of ball, to let the children fly their kites there, and fish in the lagoons and enjoy other new privileges. A people merry is a people wholesome and parks play their part in contributing to good citizenship.

AU GRATIN

Au Gratin is the "presto change" which transforms many a plain food into a delightfully mysterious one. The beauty of it is that you don't know what you are getting and are intrigued into eating the right things without realizing that you are being "worked." Almost anything may be au gratin, from meats to tomatoes and onions. You simply make a white sauce and cover it, and season richly with grated cheese and chopped peppers then bake in the oven for a half hour, until the ingredients are well blended and have that delicious roasted taste. Try it tomorrow. Au gratin everything you can lay your hands on and see if your family doesn't set up a howl of joy.

FASHIONABLE COLORS.

Blue, green and yellow are leading colors of the new season. Dame Fashion must have heard that little verse from Eugene Field: "Any color, so long as it's red, is the color that suits me best. Though I will allow there is much to be said, For yellow and green and the rest."

SILK HOSE

The wonder is that they wear as well as they do and cost as little as they do. It is said that women buy as many pairs of silk hose in one day now, as they bought in a year twenty-five years ago. But cotton hose had a faculty of wearing out. Our hosiery bill is not as much greater as one might suppose.

"I've been looking for my husband for two hours," said an excited woman. "Take it easy," said another. "I've been looking for one for twenty years."

William was looking very serious. "You be looking from this morning, William," remarked old Daniel. "What wrong w' ye?" "Got a noo hat," replied William, scarcely moving his head. "A noo hat!" exclaimed Daniel. "Well, isn't that matter for rejoicing?"

"AY," admitted William. "But it tells off if Oi laughs!"

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BE A GIVER! God, let me be a giver, and not one Who only takes and takes unceasingly, God, let me give, so that not just my own, But others' lives as well may richer be. Let me give out whatever I may hold Of what material things life may be heaping; Let me give raiment, shelter, food or gold, If these are, through Thy bounty, in my keeping. But greater than such fleeting treasures, May I give my faith and hope and cheerfulness, Belief and dreams and joy and laughter gay Some lonely soul to bless, —MARY CAROLYN DAVIES

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